

Be A MyPlate Kid!

Choosing Power Foods from the MyPlate Food Groups

Names of students in group: _____

Food Group: _____

Key Message for this Group: _____

Power foods are foods within each food group that are the healthiest in the group. **Power foods** are ones without a lot of added fat and sugar to them. They help us achieve a healthy diet by supplying us with the key nutrients found in the group.

List 5 Power Foods from your food group	Why is this a Power Food?	List 5 foods from other food groups to combine with your power food to make a healthy snack
1.		
2.		
3.		
4.		
5.		

Use the MyPlate hand out to draw a picture of each food in the correct group.

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Eat Smart Be Smart

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